



2010 ALOHA STATE GAMES

APPROVED SWIMMING MEET



June 6, 2010

Swimming is part of an agenda of more than 30 different sports being contested during June and July in the 2010 Aloha State Games — Hawaii's Olympics for the common person. The 2010 Aloha State Games swim meet is open to all swimming enthusiasts, be they regular competitors or weekend waders. Date is June 6, at Central Oahu Regional Park.

ENTRY FEE – The entry fee of \$20 per person is designed to cover costs of conducting the meet, including officials, pool rental, timing system, awards and insurance; **members of USA Swimming may enter for \$10, provided they give an event time for each event they enter on this form, plus their USA Swimming registration number.** This meet is approved for official recognition of results by swimmers who are members of USA Swimming.

T-SHIRTS – All persons registering before the **June 4 deadline** will receive a T-shirt. Every effort will be made to supply T-shirts in the size noted on the entry forms; if this size is NOT available, then the next available size will be substituted. **Participants registering after June 4 WILL NOT** receive a T-shirt unless they pay the late penalty (\$5 per person). All T-shirts will be delivered to the tournament venue.

(Clip here)

OFFICIAL ENTRY FORM -- 2010 ALOHA STATE GAMES

Please type or print clearly – if we can't read your handwriting, your entry form will be returned.

Name: _____ M _____ F _____
Last First M.I.

Address: _____ Phone (daytime) _____

City: _____ State: _____ Zip _____ Phone (evening) _____

(READ BEFORE SIGNING) AMATEUR ATHLETIC WAIVER AND RELEASE OF LIABILITY

I, (enter your name) _____, the undersigned and maker of this entry form, in consideration of being allowed to participate in any way in the 2010 Aloha State Games, do hereby acknowledge, appreciate, and agree that:

- The risk of injury from the activities** involved in these Games is significant, including the potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce this risk, the risk of serious injury does exist; and
- I knowingly and freely assume all such risks**, both known and unknown, even if arising from the negligence of the releasees or others, and assume full responsibility for my participation; and
- I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and
- I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, **hereby release and hold harmless Hawaii Pacific Sports, Inc., (dba Aloha State Games)**, their officers, directors, officials, agents and employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the Games ("releasees"), with respect to any and all injury, disability, death, or loss or damage to person or property, whether arising from the negligence of the releasees or otherwise.

I have read this release of liability and Assumption-of-Risk agreement, and I fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

Participant's Signature _____ Age: _____ Date _____

FOR PARTICIPANTS OF MINORITY AGE (under 18 years of age at time of registration)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the "releasees" and, for myself, my heirs, assigns and next of kin, I release and agree to indemnify and hold harmless the "releasees" from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, **even if arising from the negligence of the "releasees,"** to the fullest extent permitted by law.

Parent/Guardian's Signature: _____ Emergency phone No. _____ Date: _____

Date/Time: June 6; 8 am check-in and warm-up; 10 am to noon competition.
Commissioner: Al Minn, 261-5143 **Venue:** Central Oahu Regional Park
Format: Long course; electronic and manual timing – all events timed finals. Competition will follow sequence noted below. Some age brackets may be combined, depending on number of entries. USA Swimming rules apply for 18-and-under; USA Masters rules apply for 19+. Officially approved meet – results recognized for members of USA Swimming.
Requirements: Check-in at least one hour before scheduled starting time of each event.
Registration: REGISTRATION DEADLINE is JUNE 4; late registrations will be accepted with penalty. **Swimmers may enter a maximum of four events.**
Entry Fee: \$20 (\$15 for children under 12 as of June 6, 2010; \$10 for 18-and-under members of USA Swimming who provide their times); no T-shirt for late registrants without penalty (\$5).
Schedule: Competition will be run in the order noted below. Swimmers are responsible for being ready to swim each event they enter when it is called. Medals for each division will be distributed after results are confirmed for each.

Category:	200 Free; 100 Breast; 50 Fly; 100 Back; 50 Free, 200 IM; 50 Breast; 100 Free; 50 Back; 100 Fly; Mixed Relay
Divisions:	10 and Under; 11-12; 13-14; 15-18; 19-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75+
<i>Males and females compete separately.</i>	

2010 Registration Form – Swimming

Each swimmer also must fill out side one of this form and sign waiver. Swimmers under 18 years of age must have a parent’s signature on the waiver. Maximum of four events per participant.

Name _____ Date of Birth _____ T-SHIRT (adult): S M L XL XXL
 E-Mail Address _____ Age Division _____

USA Swimming # _____

Events Entered	Best Time for Each** (USA Swimming Members only)
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____



***NON USA SWIMMING MEMBERS DO NOT NEED TO INDICATE TIMES.*

All swimmers MUST complete a side one of the registration form; all persons under 18 years of age must have a parent’s signature. All waivers and entry forms must be submitted with appropriate registration fee.

ENTRY FEE – \$20 PER SWIMMER (\$15 for children under 12 as of June 6, 2010;
 \$10 for 18-and-under members of USA Swimming) \$ _____
 ORDERING XXL Add \$2 \$ _____
 ENTRY TOTAL: (Make checks payable to *Hawaii Sports Institute*) \$ _____

SEND TO: Hawaii Sports Institute
 161 Makua Street
 Kailua, HI 96734

For more information, go to www.alohastategames.org

Thanks to a grant by First Hawaiian Bank, current 18-and-under members of USA Swimming may register for \$10 per person.